



EDDIE A. PEREZ
Mayor

CITY OF HARTFORD

DEPARTMENT OF HEALTH AND HUMAN SERVICES
131 Coventry Street
Hartford, Connecticut 06112
(860) 543-8860
www.hartford.gov



CARLOS RIVERA
Director

H1N1 INFORMATION

The City of Hartford Department of Health and Human Services is working closely with the State Department of Public Health (DPH) and Centers for Disease Control and Prevention (CDC) to monitor the spread of the H1N1 virus and to educate the public on the best ways to prevent further spread.

Carlos Rivera, Director of the Department of Health and Human Services states, “The spread of H1N1 is a serious situation that warrants our utmost vigilance. By educating ourselves and following the guidelines provided, we can all help keep ourselves and our city safe.”

FREQUENTLY ASKED QUESTIONS

ABOUT THE H1N1 FLU:

What is H1N1 flu? (Swine Flu)

H1N1 is a new flu virus. Like regular seasonal flu, H1N1 is caused by a virus that infects the nose, throat and lungs. It causes fever, cough, sore throat that can last a week or more. It can also cause headaches, body aches, chills and tiredness. Some people also get diarrhea and vomiting.

Why is everyone so concerned about H1N1?

As a new virus, your body has not been exposed to it before, so it is much more likely to make you sick.

Why is it called “swine” flu?

When the virus first appeared, it was thought to be very similar to another flu virus that circulates among swine.

How is H1N1 (swine flu) spread?

It spreads when someone with the H1N1 flu virus coughs or sneezes. Sometimes people may become infected by touching something – such as a surface or object – with flu viruses on it and then touching their mouth or nose.

How long can a sick person spread the virus?

Anywhere from one to seven days, maybe longer.

What are the symptoms of H1N1?

Fever, cough, sore throat, runny or stuffy nose, and body aches. Sometimes diarrhea and vomiting.





EDDIE A. PEREZ
Mayor

CITY OF HARTFORD

DEPARTMENT OF HEALTH AND HUMAN SERVICES
131 Coventry Street
Hartford, Connecticut 06112
(860) 543-8860
www.hartford.gov



CARLOS RIVERA
Director

How do I protect myself from getting sick with H1N1?

There is a vaccine to protect against H1N1. It is being released week by week. The best way to protect yourself *without* the vaccine is to:

- Wash your hands with warm, soapy water.
- Cover your mouth and nose when you sneeze or cough.
- Cough or sneeze into a tissue, then throw the tissue away
- Stay home from work or school if you are sick.
- Avoid others who might be sick.
- Avoid touching your eyes, nose and mouth with your hands.

Should I keep my children home to protect them?

No. There is no need to keep children home from school or other activities unless they are sick. Teach your children to wash their hands and to cover their mouth with a tissue or sleeve when they cough or sneeze.

I'm sick. Now what?

Stay home. You may go back to work or school after you have been fever-free for 24 hours **WITHOUT** taking a fever reducing medication, such as Tylenol.

Should I get tested for H1N1?

Please call your primary care physician about H1N1 testing, generally only hospitalized people are being tested.

Can I get swine flu (H1N1) virus from eating pork? Bacon?

No. The H1N1 virus is not spread through food.

What's the difference between H1N1 and seasonal flu?

Seasonal flu viruses change from year to year, but they are closely related to each other. People who have had prior flu infections usually have some immunity to seasonal flu viruses. The 2009 H1N1 flu virus is a new virus strain. It is very different from seasonal flu viruses. Most people have little or no immunity to 2009 H1N1 flu.





EDDIE A. PEREZ
Mayor

CITY OF HARTFORD

DEPARTMENT OF HEALTH AND HUMAN SERVICES
131 Coventry Street
Hartford, Connecticut 06112
(860) 543-8860
www.hartford.gov



CARLOS RIVERA
Director

ABOUT THE VACCINE

Where can I get the vaccine?

Please check with your health care provider or your local health district for more information on availability and public clinics. You can also check www.hartford.gov to find out when public clinics are available in the near future – all depending on the amounts of vaccine that are distributed.

When is the H1N1 vaccine going to be available?

The vaccine is arriving in Connecticut in small amounts every week.

Where can I get the vaccine for my child?

First, please check with your child's healthcare provider to find out if they can provide the vaccine for your child. If your child is in a Hartford School, a clinic will be available, subject to availability of the vaccine. Check with your child's school nurse for a schedule of clinics.

Why is there a need to target some groups over others?

At least in the beginning, the vaccine supply will be limited. Because of that, the CDC (Centers for Disease Control and Prevention) has determined that some groups are more likely to get H1N1, and has recommended that members of these groups receive the vaccine before others. They include:

- Pregnant women
- People between ages 6 months and 24 years.
- People ages 25 through 64 with chronic health disorders (I. E., diabetes) or compromised systems (I. E. cancer)

The CDC has also identified groups who care these groups. They also have priority for getting the vaccine:

- Health care workers with direct patient care duties.
- Caregivers of children aged 6 months or younger.

I'm over 65. My doctor always tells me to get my flu shot. How come I'm not in a "priority" group for H1N1?

Current studies indicate that people over age 65 are *less likely* to get the H1N1 flu virus than younger people. As more vaccine is made, it will become available to those who are not in identified priority groups.





EDDIE A. PEREZ
Mayor

CITY OF HARTFORD

DEPARTMENT OF HEALTH AND HUMAN SERVICES
131 Coventry Street
Hartford, Connecticut 06112
(860) 543-8860
www.hartford.gov



CARLOS RIVERA
Director

I'm healthy and not in a target group. When can I expect to be vaccinated?

Once the demand for vaccine for the priority risk groups have been met at the local level, public health officials expect to make available vaccine to healthy individuals aged 25 through 64 years and older. It is unclear when, exactly, that will take place, but the decision is based on availability of the H1N1 vaccine.

What's the difference between the seasonal flu vaccine and the H1N1 vaccine?

H1N1 vaccines are produced just like seasonal flu vaccines, and are expected to be just as effective as seasonal flu vaccines. The H1N1 vaccine will not prevent "influenza-like illnesses" caused by other viruses, including seasonal flu. Therefore, you should also get the seasonal influenza shot if recommended by your primary care provider.

How many shots will I need to get for the H1N1 vaccine for adults? What about my kids?

For anyone aged 10 years and over, one shot is all it takes. Anyone under age 10 will need to get two (2) shots, at least 28 days apart.

How much should I be paying in order to receive the H1N1 vaccination?

There is ***no cost*** for the vaccine itself – it's being provided free-of-charge by the federal government; however, **private health care providers** may charge an administrative fee to give you the vaccine, which is covered by most medical insurance plans. There should be no charge whatsoever should you chose to receive an H1N1 vaccination at a public clinic.

Is the H1N1 vaccine safe?

It is expected to be as safe as the seasonal flu vaccine, which has a very good track record. If you have further questions on the vaccine's safety, please discuss them with your primary care physician.

Can the seasonal vaccine and H1N1 vaccine be given at the same time?

The H1N1 flu vaccine and seasonal flu vaccine can be given at the same time as long as they are not both live nasal vaccine. If they are both live nasal vaccine, the recommended interval between the H1N1 and seasonal vaccines is 28 days.

I don't have a regular doctor. Can I still get the vaccine?

Yes. First you should check with the Community Health Centers (Charter Oak Clinic at 860-550-7500 or CHS at 860-249-9625. Also, the Hartford Health Department will be responsible for organizing public H1N1 flu vaccine clinics in the near future. As soon as they are planned, we will publicize that information.

Where can I find a public H1N1 flu vaccination clinic?

At this time, no public H1N1 flu vaccination clinics have been scheduled in Hartford. Please call back at a later time, or visit www.hartford.gov for clinic information as it becomes available.





EDDIE A. PEREZ
Mayor

CITY OF HARTFORD

DEPARTMENT OF HEALTH AND HUMAN SERVICES
131 Coventry Street
Hartford, Connecticut 06112
(860) 543-8860
www.hartford.gov



CARLOS RIVERA
Director

If I had H1N1 influenza in the spring, will I need to be vaccinated?

Please check with your healthcare provider or community health clinic.

Does the seasonal flu vaccine protect against H1N1?

No.

In 1976, I was vaccinated against the “swine” flu. Do I need to get another vaccination?

It is unlikely a person vaccinated in 1976 will have full protection against H1N1. For further information, please check with your primary healthcare provider.

What do you think? Should I get the H1N1 vaccine?

That is a decision between you and your healthcare provider. Please consult with him or her.

What is in the H1N1 vaccine?

This vaccine will be made using the same processes and facilities that are used to make the currently licensed seasonal influenza vaccines. This process has an excellent safety record over many years.

I hear about a nasal spray vaccine and flu shots. What is the difference?

The **nasal spray vaccine** is made from a live, weakened version of the flu virus. It is administered in each nostril. It is approved for healthy people between the ages of 2 and 49. The **flu shot** is made from a killed version of the flu virus, and is administered by injection into the muscle. Please check with a healthcare professional to determine whether you should receive the vaccine via mist or shot.

Does getting the flu vaccine cause people to get the flu?

No. However, after getting a flu vaccine, many people experience symptoms such as a runny nose or body aches for a day or so. That means the immune system is responding, and it's a good sign. It means your body is processing the material in the vaccine, but it's not flu.

In addition, it takes up to two weeks for the vaccine to become fully effective after you have received it. People exposed to the flu during that period may become sick.

Who should NOT get a H1N1 or seasonal flu vaccine?

- Anyone who has a serious allergy to eggs
- Anyone who has had a serious allergic reaction or other problem after receiving an influenza vaccine in the past
- Anyone with an acute illness, such as a fever (the person can be vaccinated after he or she feels better).
- Anyone who has experienced Guillain-Barré Syndrome.

